Cambridgeshire & Peterborough Integrated Care System

NHS Cambridgeshire & Peterborough

Food as Treatment: Food Toppers

Food as treatment involves a 3-pronged approach:

1. Food toppers
2. Nourishing snacks
3. Nourishing drinks (also known as Homemade Supplements)

In order to reduce your risk of malnutrition it is recommended that you increase the energy density of each meal you are having (using a food topper at each meal as described below).

It is important to remember to add a food topper to as many meals and snacks as possible as **this is part of the prescribed treatment for your condition.**

Food Toppers

Examples of food toppers - per person portion:

Examples: **(approx. 100 kilocalories per portion)**	
Peanut, almond, or nut butter (1 tbsp = 25grams)	Add to toast, porridge, spread on plain biscuits, add to baking e.g., brownies
Enriched milk (100ml)	Add 5 heaped tbsp (63grams) of powder to 1 pint of whole milk. (Use in cereal, custard, sauces, soups, coffee, puddings)
Double cream (2 tbsp or30ml)	Add to mash, porridge, angel delight, rice pudding, custard, yoghurt, soups, sauces, fruit
Cheddar, or other cheese 30gram (matchbox sized piece)	Grated on Casseroles, pasta, potatoes or cooked into sauce, added to sandwich
Avocado 80gram (½ avocado)	Mashed on toast, added to sandwiches or salads
Olive oil, vegetable oil, butter or ghee (1 tsp per serving or 5ml)	For frying instead of grilling, added to mash, vegetables, soups, or main courses
Mascarpone or cream cheese (1 tbsp = 25grams)	Add to pasta, sandwiches, potato salad, soups, or try cream cheese icing for cakes
Mayonnaise, salad cream, pesto (1 tbsp =25grams)	Serve with salads, vegetables, in sandwiches, pasta
Milkshake or hot chocolate powder (2 tbsp = 25grams)	(**Not** sugar free or 'light') Add to **Enriched Milk** as a drink or use to flavour custard
Custard (5 tbsp), ice cream (1-2 scoops), whipped cream (2 tbsp)	Add a serving to puddings, dessert, fruit

Developed by	CPCCG Dietitian for Primary Care & CPFT Dept. Nutrition and Dietetics
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